1. A device for anchoring a filament to tissue or bone, comprising:

an anchor member adapted to be embedded in bone, the anchor having a cavity therein; and

a filament having a first and a second portion extending from the cavity, the filament being held in the cavity by interference fit,

the filament substantially not moving in response to a tensional force less than a threshold force applied to any of the first and second portion,

the filament moving longitudinally in response to a tensional force greater than the threshold force applied to any of the first and second portion.

2. The device of claim 1, wherein the filament has a breaking tension greater than the threshold force.

3. The device of claim 1, wherein the filament has a breaking tension less than the threshold force.

4. The device of claim 1, wherein the threshold force is in a range 25-35 pounds.

5. The device of claim 1, wherein the anchor member comprises,
an anchoring element for insertion into a hole in tissue, the anchoring element including an axial channel extending between proximal and distal ends thereof, the anchoring element being slidably mounted on an insertion stem,

the insertion stem including a portion having a greater outer diameter than an inner diameter of the axial channel, that portion being referred to herein as the portion of greater diameter,

the insertion stem being adapted to move proximally in the axial channel to cause the portion of greater diameter to move at least partially through that channel and, thereby, to cause the anchoring element to expand into a pressure fit with the bone hole.

6. The device of claim 5, where the cavity is formed by and disposed between a surface of the anchoring element and a surface of the insertion stem.

7. The device of claim 1, wherein at least two sections of the filament, disposed between the first and second portions, pass through the anchor member, so that a loop segment is defined between the sections.

8. The device of claim 7, wherein the loop segment can be tightened by pulling any of the first and second portions of filament with a tension greater than the threshold tension.

9. The device of claim 7, wherein the loop segment can be loosened by pulling the loop segment with a tension greater than twice the threshold tension.

10. The device of claim 1, wherein the anchor member is adapted to be embedded in a tunnel in bone.

11. The device of claim 1, wherein the anchor member comprises a biocompatible material selected from the group consisting of polyethylene, polypropylene, steel, poly-l-lactide and lactide-glycolide compositions.

12. A device for anchoring soft tissue to bone, comprising:

an anchor member adapted to be embedded in a bone tunnel and having a cavity therein; and

a filament having a first and a second portion extending from the cavity, the filament being held in the cavity by interference fit,

the filament substantially not moving in response to a tensional force less than a threshold force applied to any of the first and second portion,

the filament moving longitudinally in response to a tensional force greater than the threshold force applied to any of the first and second portion,

whereby the filament can be used to secure soft tissue.

13. The device of claim 12, wherein the filament has a breaking tension greater than the threshold force.

14. The device of claim 12, wherein the threshold force is in a range 25-35 pounds.

15. The device of claim 12, wherein the anchor member comprises,

an anchoring element for insertion into a hole in tissue, the anchoring element including an axial channel extending between proximal and distal ends thereof, the anchoring element being slidably mounted on an insertion stem,

the insertion stem including a portion having a greater outer diameter than an inner diameter of the axial channel, that portion being referred to herein as the portion of greater diameter,

the insertion stem being adapted to move proximally in the axial channel to cause the portion of greater diameter to move at least partially through that channel and, thereby, to cause the anchoring element to expand into a pressure fit with the bone hole.

16. The device of claim 15, where the cavity is formed by and disposed between a surface of the anchoring element and a surface of the insertion stem.

17. The device of claim 12, wherein at least two sections of the filament, disposed between the first and second portions, pass through the anchor member, so that a loop segment is defined between the sections.

18. The device of claim 17, wherein the loop segment can be tightened by pulling any of the first and second portions of filament with a tension greater than the threshold tension.

19. The device of claim 18, wherein the soft tissue can be secured by passing it through the loop segment, and then tightening the loop segment.

20. The device of claim 17, wherein the loop segment can be loosened by pulling the loop segment with a tension greater than twice the threshold tension.

21. The device of claim 12, wherein the anchor member comprises a biocompatible material selected from the group consisting of polyethylene, polypropylene, steel, poly-l-lactide and lactide-glycolide compositions.

22. A method of anchoring soft tissue to bone, comprising:

embedding an anchor member in a bone tunnel, the anchor member comprising a cavity, a filament having a first and a second portion extending from the cavity, the filament being held in the cavity by interference fit,

the filament substantially not moving in response to a tensional force less than a threshold force applied to any of the first and second portion,

the filament moving longitudinally in response to a tensional force greater than the threshold force applied to any of the first and second portion; and

using the filament to attach soft tissue to the bone.

23. The method of claim 22, wherein using the filament to attach soft tissue to the bone comprises:

passing a portion of the filament through at least one aperture in the soft tissue; and

tightening the filament by applying a force greater than the threshold force to one portion of the filament, thereby causing it to move longitudinally.

24. The method of claim 22, wherein the filament has a breaking tension greater than the threshold tension.

25. The method of claim 22, wherein the threshold tension is in a range 25-35 pounds.

26. The method of claim 22, wherein the soft tissue is selected from the group consisting of a tendon, a ligament, a meniscus, and artificial soft tissue.

27. The method of claim 22, wherein the anchor member comprises,

an anchoring element for insertion into a hole in tissue, the anchoring element including an axial channel extending between proximal and distal ends thereof, the anchoring element being slidably mounted on an insertion stem,

the insertion stem including a portion having a greater outer diameter than an inner diameter of the axial channel, that portion being referred to herein as the portion of greater diameter,

the insertion stem being adapted to move proximally in the axial channel to cause the portion of greater diameter to move at least partially through that channel and, thereby, to cause the anchoring element to expand into a pressure fit with the bone hole.